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## RECOMMENDATIONS FOR TOTAL KNEE REPLACEMENT

### SMALL INCISION KNEE SURGERY RAPID REHABILITATION

Total knee arthroplasty, a procedure designed for the relief of pain from an arthritic joint, has made great strides in the last 10 years. Instead of the three months it took most patient to recover, now it takes about half that time – just 6 weeks. Limited incision knee replacements can now be done, the extent of which is determined by your anatomy. Mini-knee instruments are used and optimal pain management allows rapid rehabilitation.

## REPLACING THE KNEE

The anatomy of the knee is such that a “State of the Art” knee replacement consists of components made of chromium cobalt, titanium and high-density polyethylene fit and aligned in your knee precisely, and then fixed in place with special bone cement.

## LONG LASTING

The odds are that your knee replacement will last your lifetime: 97% are still working well at 10 years, and 90% at 15 years. If a part wears out or works loose, it can be replaced.

## PARTIAL KNEE REPLACEMENTS

Although the concept of a partial knee replacement (unicompartmental, or “UNI”) is an attractive one, unfortunately they usually do not give complete pain relief. Most patients’ knees have arthritis that involves the whole joint, not just one compartment.

## GWUMC JOINT REPLACEMENT CENTER

Now that total knee arthroplasty can be performed with small incisions, better pain control with local anesthetics or nerve blocks, and specially designed rehabilitation protocols, you can look forward to a shorter hospital stay and a quicker recovery. At GW’s Joint Replacement Center, our team of experts stands ready to ensure that your recovery is a smooth one, and to give you a head start toward returning to your life’s activities in weeks instead of months.

To schedule an appointment call 202 333-2820